

The Tamarack

Our college. Our news. Our voice.

Naugatuck Valley Community College

February 1, 2016

Waterbury, Connecticut

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Black History Month

Nicole Hayes

It is now February, during which we celebrate the lives of important African Americans and their achievements throughout history. According to Dr. Lean'tin Bracks, scholar of African American Literature at Nashville's Fisk University, Black History Month started as a weeklong celebration in 1926. The week was chosen to correlate with the February birthdates of Abraham Lincoln, Booker T. Washington, and Frederick Douglas. During this time, public schools finally began to educate students on the true role African Americans played in America's history. Currently, public institutions still follow the tradition of teaching students on the achievements of African Americans. However, institutions have failed to educate students in-depth on many of these contributions and events, for example, Juneteenth, as well as the broad achievements of African American women.

Carver Goodwin Woodson, also known as the "Father of Modern Black History," was an important individual who aspired to educate not only society about African American history, but also younger generations of African Americans. His efforts led to the creation of the Association for the Study of Negro Life and History, founded October 2, 1915. The Association's mission is to promote awareness of African American culture and history. Woodson also published the *Journal of Negro History* and the *Negro History Bulletin*.

Several important African American males, such as Malcolm X and Martin Luther King Jr., are honored in February. However, with the exception of Rosa Parks, and a few others, African American women who have made considerable contributions to our society and country are mostly overlooked. For example, a runaway slave, Harriet Jacobs, became one of the first African American women to publish an autobiography, *Incidents in the Life of a Slave Girl*, during the 1850s. *The Nation's* Wayne Lionel Aponte called the book, still available in reprint, "a major work in the canon of writing by Afro-American women."

Additionally, Mary Mahoney was the first African American woman to graduate nursing school and vote in the state of Massachusetts. According to the American Nurses Association website, the Mary Mahoney Award, established in 1936, "recognizes significant contributions, by an individual nurse or a group of nurses, to integration within the nursing

profession." These are just two examples of countless African American women who have made an impact within American history.



BSU presents the one-woman play, **A JOURNEY.**

In the performer/creator's words, "a look at the Black experience told through the eyes of the Black woman, performed by professional actress and singer Kimberly Wilson. A Westport resident and long-time member of the Theatre Artists Workshop, Ms. Wilson brings to life seven historical African-American women, including an African Queen, Harriet Tubman, a Slave Girl, Sojourner Truth, Rosa Parks, Maya Angelou, and more."

Playbox Theater
Wednesday, February 10th 11:00 am—12:00 pm

BSU invites everyone to Café West for an OPEN MIC / TRIVIA SESSION!
Wednesday, February 17th 10:00 am—3:00 pm

Tuesday, February 23rd at 11:00 am, BSU invites all to Café West for a **PANEL DISCUSSION** on the topic:
"In general, how [has] the racial climate of the United States...impacted [ruled] formation of movements such as Black Lives Matter and the importance of such movements?"
At 12:30 pm BSU will host a soul food lunch and continued conversation.
ALL ARE WELCOME!

Although Abraham Lincoln emancipated southern slaves in 1863, Juneteenth—June 19, 1865—was the actual date the last slaves were freed. According to Dr. Charles Taylor, author of eight books, and a passionate advocate for the preservation of African American history, Juneteenth was the day Texas received news that Lincoln ended slavery—this was fully two-and-one-half years after the Emancipation Proclamation. According to poet Kristina Kay, several explanations exist for Texas receiving the late news. One version involves the murder of a messenger on his way to Texas. It is also possible the news was deliberately withheld by states such as Texas, where President Lincoln's authority was questioned. Regardless, Texas was the first state to declare Juneteenth a statewide holiday.

It was not until 1976 that Negro Week transformed into a month-long celebration, Black History Month, during which society acknowledges African American contributions throughout American history. On the negative side, since the celebration is only recognized

one month out of the year, the rich wealth of African American history is taught only briefly in elementary and high schools. This is a failure of public institutions in their duty to educate students with in-depth knowledge on African American history, particularly the contributions of African American women. In hopes of delivering on Woodson's aspiration, it

to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

More recently, each Black History Month is themed, with 2016's being *Hallowed Grounds: Sites of African American Memories*. This theme focuses on landmarks in African American history. Whether that be Kingsley Plantation in Florida, Harlem's 125th Street, or countless spots along the Underground Railroad, these historic sites are sacred remembrance points in American Black history.

Connecticut is steeped in African American history. Farmington, considered the Underground Railroad's Grand Central Station, is home to the Church of Christ, where many Africans aboard the Amistad worshipped after their trial in Connecticut. Harriet Beecher Stowe, author of antislavery novel *Uncle Tom's Cabin*, was a Hartford resident; her house still stands beside Mark Twain's.

The first published African American writer was from Connecticut. Jupiter Hammon, a life-long slave, had his 88-line poem, *An Evening Thought: Salvation by Christ with Penitential Cries*, published in 1761. Hammon, who went on to write many works, is credited with influencing antislavery protest literature in America.

Though many view American slavery as a Southern phenomenon, the shameful practice

Carter G. Woodson, the first scholar of African-American history, established Negro History Week, beginning February 12, 1926, to coincide with the birthdays of Fredrick Douglass and President Lincoln

is imperative public schools educate students in-depth on the vast historical contributions and achievements of African Americans.

Honor or Insult?

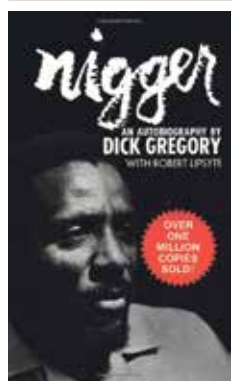
Emily Daly

Black History Month has been contested for its February placement. Is Black History's assignment to the shortest month meant to disparage an entire community? I never knew the reason, just accepted the idea that shortest equals least prestigious.

In researching timing and reasoning, I could not have been more wrong. Journalist, author, and historian, Carter G. Woodson, the first scholar of African-American history, established Negro History Week, beginning February 12, 1926, to coincide with the birthdays of Fredrick Douglass and President Lincoln. Marking its 50th anniversary, in 1976, Negro History Week became Black History Month, when President Ford urged the public

was part of Waterbury life into the early 1800's. Mattatuck Museum is an excellent resource to explore the history of Blacks in New England, including the powerful story of Fortune, slave to a prominent Waterbury physician. Read Fortune's story on the Mattatuck website: <http://www.fortunestory.org/slaveryinwaterbury/>

In the words of Carter G. Woodson, "Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history." Black History is designated to the shortest month, but the reason is honorary—given Douglass and Lincoln's importance to the anti-slavery cause—not derogatory. Hopefully, this focus on African American accomplishment, however brief, will lead to interest throughout the year.



While not a traditional letter to editor, we're pleased to announce our December *Recently Read* column had an impact. In that feature, staff writer Nicole Hayes shared her thoughts on Dick Gregory's memoir, *Nigger*. Nicole's piece led to the work being chosen for a Black Student Union book discussion scheduled this semester. Copies will be provided, and all are welcome to join in what should be a lively discussion of an important work. For details, contact Professors Julia Pettifre or Elma Solomon, BSU advisors.

Happy, Healthy Hearts

Kayla Mueller

When we think of February, it's natural to think of paper hearts decorated with lace and glitter, or heart-shaped boxes of chocolate. However, designated as American Heart Month, February offers a reason beyond romance to consider the cardiac organ. The purpose of American Heart Month is to raise awareness of heart disease. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack.

Since 1963, February has been celebrated as American Heart Month, urging Americans to join the battle against heart disease. Starting

in 2004, February has also been the signature month for the American Heart Association's Go Red For Women Campaign. This effort urges

people to wear red on February 6th to show support—and spread the message that heart disease is not only a man's problem. So when you think of February, remember, hearts aren't just symbols of love, but engines that keep a body running. To keep yours running smoothly, take care of your heart!



Join Us! We're Looking For
No experience necessary!!

Meetings: Monday 1 p.m., S519 // tamarack@nv.edu

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Next Steps

It is my pleasure to welcome spring semester by announcing NVCC has raised \$1,000 for Greater

Waterbury Special Olympics. Thanks to contributions from students, faculty, staff and other sponsors, Greater Waterbury Special Olympics athletes can purchase new uniforms for the first time in years. I commend everyone who bought candy, held bake sales, and contributed through the game room at the college. Job well done!

Heading into a new semester, there is much to accomplish. We are looking for brand new ideas, ways our campus can continue giving back to the community. Whether by helping a family in need, or assisting someone to repair their home, there are always those who are willing to serve. If you have ideas or would like to give back to an organization you feel has really helped the community, stop by the Student Government Office in Prism Lounge, and we'll be more than willing to help.

Also, as months seem to pass by faster than expected, I want everyone to reflect on those next steps. Many of us graduate this May; others continue to pursue a degree at Naugatuck Valley, while some have taken the first step to a brighter future. Personally, my next step will consist of many tears because, if I could, I would stay at NVCC forever, but growth demands change.

Reflecting on my next step, I realized it's time to do my FASFA again and get my priorities in check. Some of these actions will be dreadful and tedious, but they all pay off in the long run. Always remember you have the resources to make it far. They are all around you; it's just up to you to work with the tools in your toolbox.

Katherine Abreu

Proposing Good Sense

Eron Ramadanov

With a new year comes change. At the start of his final full year in office, President Barack Obama proposed initiatives to reduce gun violence. Obama's gun control proposal is split into two parts: actions and laws that need congressional approval, and actions and laws he has the authority to implement through executive order.

During his two terms as 44th President of the United States, Obama has been burdened with countless mass shootings throughout our country. During his seven years in office, congressional action on gun control has been nearly non-existent, but as President Obama gears up for life after the oval office, he has finally made some ground in the never-ending battle over guns in America.

Pending approval by Congress, President Obama's deal would implement the following: requiring criminal background checks for all gun sales, reinstating the ban on assault weapons, limiting ammunition magazines over 10 rounds, banning public possession of armor-piercing bullets, and increasing criminal penalties for "straw purchasers," those who pass background checks and purchase firearms for others who cannot.

Among actions President Obama can push through by executive order are the following: improving incentives for states to share information with the background check system, implementing a national safe gun ownership campaign, reviewing safety standards for gun locks and gun safes under the Consumer Product Safety Commission, committing to finalizing mental health parity regulations, and most importantly, requiring all federal agencies to set up a data-sharing background check system to detect red flags more efficiently.

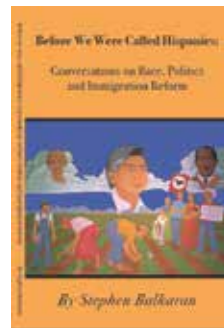
President Obama's proposals have gained mixed reactions, as expected. Some have praised the President for moving forward on an issue that has plagued this country for

decades—with or without help from Congress; others have called this another egregious act by Mr. Obama.

Chris W. Cox, Executive Director of the National Rifle Association's Institute for Legislative Action, said, "The proposed executive actions are ripe for abuse by the Obama Administration, which has made no secret of its contempt for the Second Amendment. The NRA will continue to fight to protect the fundamental, individual Right to Keep and Bear Arms as guaranteed under our Constitution." He added, "We will not allow law-abiding gun owners to be harassed or intimidated for engaging in lawful, constitutionally-protected activity – nor will we allow them to become scapegoats for President Obama's failed policies."

However one feels about President Obama's gun control proposals, there are both positives and negatives to his ideas, as with any legislation put forward by the American, or any, government. In the end, Obama clearly cares about this issue and is trying to do what he thinks is best for this country. Isn't that all we can ask for in a president?

Faculty Publication News



Longtime NVCC adjunct, Stephen Balkaran, currently teaching HIS218, African-American History, recently brought his third book to publication. *Before We Were Called Hispanics: Conversations on Race, Politics and Immigration Reform* is a timely work, especially given the current political climate. Released on January 4, 2016, the book is available online. Look for a profile of Balkaran, also a faculty member in history and political science at Central CT State University and Quinnipiac University, in the March issue of *The Tamarack*.

EDITOR'S NOTEBOOK



As the New Year is still upon us, I'd like to welcome back returning NVCC students as well as first time students this semester! Although this is called the spring semester, it often starts – and

sometimes is consumed – with cold, blustery gray conditions; definitely not the feelings of spring! However, this semester holds one special event – graduation. Whether you are graduating this semester, or you will be here for a few more, I hope this semester is your best yet!

As you will read in this issue of *The Tamarack*, February is a month of important and necessary historical recognitions. If you are new to NVCC, be sure to stay posted on events on campus this month. This year is also a leap year, offering us one more day in February. My hope is that everyone's year – and semester – is off to a great start so far!

If this is your first time reading *The Tamarack*, welcome; I hope you find interesting and insightful articles written by fellow NVCC students. And if you are interested in either writing, art, graphic design, business or marketing, please feel free to contact us. You can email us or stop by our office in the Prism Lounge, S519. Not only do we welcome new staff members, we also welcome your feedback. Like an article? Want to see more in this issue? Let us know! We encourage you, our readers, to respond to an article that interests you. You may find your response in the next issue.

I hope you all have a successful semester and best wishes for a very happy 2016!

Warmly,

Chelsea Clow, Editor-In-Chief
Tamarack@nv.edu

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The Tamarack

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EDITORIAL

Tweets Cited Page?

The *Associated Press Stylebook*, a writing style guide for both journalists and students, has been around since 1953. The 60th anniversary edition released in 2013 with over 300 revised entries. *AP Stylebook* is updated by Associated Press editors yearly to reflect the latest language, spelling, punctuation, and journalistic style.

Journalists and students alike praise the *Stylebook* as it offers many short-form alternatives, like dropping the Oxford comma and using figures for all numbers above 9— a lifesaver for those with minimal print or web space.

There are different sections for different uses—business guidelines, sport guidelines, a guide to punctuation (a godsend for those, like me, who love the comma!), photo caption guidelines, even editing marks—all to utilize and make what you publish the best it can be.

This year, Associated Press made a new guideline entirely: social media rules. "Web site" is now "website"; "smartphone" is "smart phone"; while "fan", "friend" and "follow" can all be used as both nouns and verbs. An additional 40 new definitions all make reporting using social media much more official.

But should we really be sourcing Tweets in our articles? Maybe I'm old-fashioned, but Watergate-era reporters Woodward and Bernstein wouldn't think of it. Journalist Hunter S. Thompson wouldn't be caught dead sourcing a celebrity's tweet in support of a political candidate in a hard news piece.

Unless you're writing a soft news piece praising Lady Gaga's use of Twitter to report her favorite color, Tweets have no place in sourcing. You have no way of knowing what's factual, and what's being Tweeted by a second party.

Journalists have always used double confirmation (two independent sources saying the same thing) before reporting a story. Accuracy shouldn't be tossed aside in favor of social media and its appearance of truth.



CAPSS CORNER

Season of Possibility

It's February, my husband's favorite time of year. Keith loves winter. His excitement is palpable when he claims, "You can smell the snow," in anticipation of a big storm. I feel the same way, filled with excitement and anticipation, at the end of January as the new semester starts. I can "smell the possibilities"; new classes, new faculty, new peers, new learning, the opportunities to enrich your life and learning are un-ending.

The start of a new year is also a time when it is natural for people to reflect and consider where they're at in their lives, along with changes and improvements they want to make. For many, the focus is on the big three of fitness, finances and relationships. As an academic counselor, I'd like to remind you it's also a great time to begin reflecting upon your educational goals. Are you confident in your choice of degree or career? Have you created a graduation plan? Do you know where you want to transfer to complete your Bachelor's Degree? Have you considered ways to gain hands-on experience to reinforce your learning, such as job shadowing or exploring volunteer opportunities?

For many students, the focus each semester is solely on what classes to take. While this is very important, you shouldn't overlook the bigger picture—your overall learning and career goals. While this semester is still new, I encourage you to review your educational goals and make informed adjustments if necessary. Your faculty advisor or a staff member in the Center for Academic Planning and Student Success (CAPSS) are great resources to help you plan for, assess, and ultimately reach your goals. The CAPSS is located in Kinney Hall, Room 520, and faculty are on campus and available to meet with you. Just check out the office hours posted outside their office doors. Come see us soon. We're here to help you smell the possibilities, too!

Bonnie Goulet

Happenings

Kimberlyn Hernandez

CLUBS

Get involved. Take simple steps like joining a club. Be part of something that can lead to a great semester. For many students, this spring semester is the last one. If you haven't joined a club during your time at NVCC, this semester can be your chance to learn a new skill or open doors for new opportunities. Naugatuck Valley Community College offers a list of clubs allowing you to form new connections by meeting people with similar interests. Joining a club can also help you network, making connections to benefit your future profession. It's better to take a chance on something new than to regret not trying. It's not too late to join a club.

SCHOLARSHIPS

Paying for college tuition leaves about 70% of graduated college students in debt. Scholarships are a way for students to attend college without major debt, but while scholarships can help decrease tuition rate, there are things to consider before applying. First, is the scholarship legitimate? Unfortunately, scholarship scams have become prevalent, and students looking for financial help can easily fall prey to these traps. Next, are you eligible? Each scholarship has its own eligibility rules, based on academic year, academic standing, or a variety of other factors specific to each scholarship. Be sure to read rules carefully before applying, so you don't waste time completing an application for which you don't qualify. What could you win? There are scholarships offering money for tuition and textbooks. Some scholarships offer internships or trips abroad. Also consider how extensive the application is. Time flies and deadlines come quickly. Hastily applying for a scholarship can increase your likelihood of making a mistake, which would almost certainly diminish your chances of an award. Take time to complete the applications carefully. Keep tabs on scholarship opportunities and deadlines; it pays off to stay one step ahead.

Opportunity and Support

Susan Houlihan, Guest Contributor

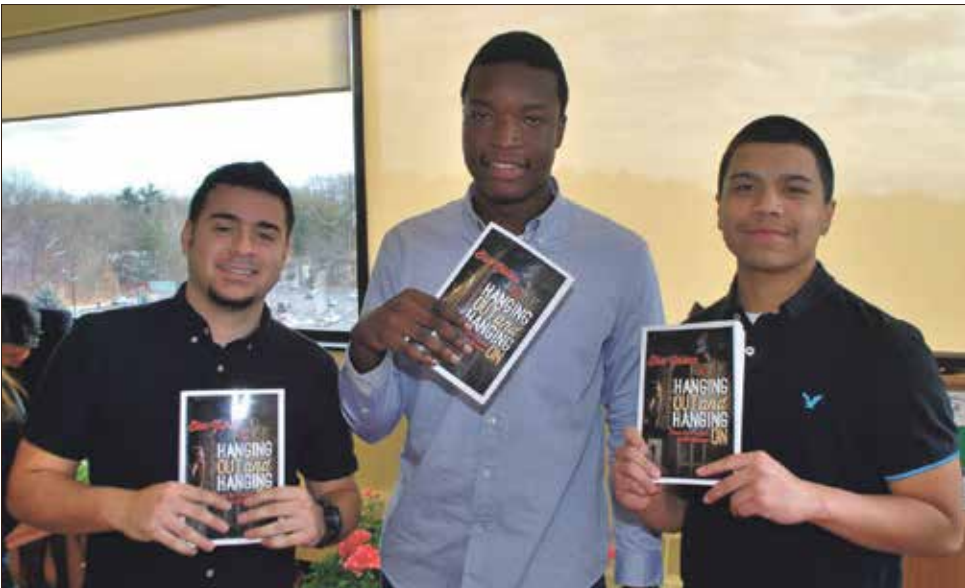


Photo Courtesy of NVCC Marketing Staff

During fall 2015, students from the WAVE-Workforce Achievers Value Education--Program gathered twice weekly to discuss a special book, *Hanging Out and Hanging On: from the Projects to the Campus*, written by Dr. Elsa Núñez, Eastern CT State University (ECSU) President and Board of Regents Vice President for State Universities. Dr. Núñez's latest book gave personal accounts of obstacles and triumphs she faced as an immigrant and young woman who, beyond anything, wanted to pursue her education. The book also highlighted students from Hartford's inner city schools enrolled in the Dual College Enrollment Program (DCEP) at ECSU, a program Dr. Núñez initiated.

WAVE, grant-funded by Northwest Regional Workforce Investment Board, has been embedded on NVCC's campus for over

10 years. Program participants, full time NVCC students, are primarily from Waterbury's inner city schools. The program provides a range of support and guidance. Because most WAVE students are first generation college students—first in their families to attend college—they need assistance navigating higher education. While this holds true not only for WAVE students but for many NVCC students and college students nationally, WAVE's primary objective is helping participants succeed in pursuing their dreams of college graduation.

When NVCC President Daisy Cocco De Filippis suggested to WAVE coordinators that *Hanging Out and Hanging On* would be a great read for WAVE, we jumped at the chance to present this opportunity to students. The book's author is a good friend of President De Filippis and NVCC. The stories shared in the

book resonated with WAVE students. First-year WAVE student, Emily Solla, said, "Every accomplishment each student in the book had came from the will to both try and succeed in school. No matter how difficult things were in their lives, they continued. That really inspired me to never give up!" Reading Dr. Núñez's book led to great conversations and sharing of students' experiences. Many WAVE students related how perseverance and support of family members and others helped them find themselves here at NVCC.

The culmination of the book discussion came at the end of November when Dr. Núñez visited NVCC, accompanied by Board of Regents Interim Provost and Senior Vice President Estela López, Ph.D. Students from A.I. Prince Technical High School also took part in a conversation full of hope and promise. This event was not only the highlight of the semester for all who participated, but Dr. Núñez's words, "Given opportunity and support...personal resolve can overcome social and cultural challenges that have presented a barrier to educational achievement for generations

"Every accomplishment each student in the book had came from the will to both try and succeed in school. No matter how difficult things were in their lives, they continued. That really inspired me to never give up!"

Emily Solla, *First-year WAVE student,*

of inner city youth," were truly an inspiration. Brian Soto, 2nd-year WAVE student, praised the experience, saying, "Having faced the same challenges as students in the book, I personally connected with their stories. To meet Dr. Elsa Nunez and have such an open discussion, not only about the book but about her life experiences as well, was truly an honor."

SPRING SEMESTER

While each new semester is a fresh start, students beginning school in spring will find it's different from fall semester. By spring, those starting college in fall have become familiar with their surroundings, made friends, joined clubs and gotten accustomed to the academic work. Entering as a freshman during spring semester can make you feel like an outsider, nervous about your college experience. Reaching out, introducing yourself to classmates, can make a difference. If you're unsure where to find your classes, don't be afraid to ask. Go outside your comfort zone. By joining clubs, you'll meet a smaller group of people you can really get to know. Spend time exploring campus to gain familiarity with your surroundings and available resources. Speak up in class. Introduce yourself to your professors the first day to help them learn your name. Be part of class conversations by contributing intelligently and appropriately. Whether you have questions, need extra help, or simply want to learn more, it's a good idea to know and attend professors' office hours. Forming connections will help you receive recommendations when applying for other colleges or jobs.

**BSU
(Black Student Union)
Meetings**

**Prism Lounge
Tuesdays, 2:00 PM
All Semester**

Her light shines on.



Photo Courtesy of Memorial Fund

A January 6th accident on Interstate 84 Eastbound in Waterbury brought tragedy to the NVCC campus. As our community mourns the loss of one of our own, 2nd year Digital Arts Technology major, Casey Lynne Giannone, of Beacon Falls, we celebrate the talent and unquenchable spirit of this special young woman, and join together in wishing her family and friends peace and comfort.

Giannone, a gifted artist, was scheduled to attend the Disney College Program after graduating from NVCC. Louis Romao, Casey's Multimedia Instructor, said, "Casey lived up to her nickname, Casper (after the animated friendly ghost). She always had a smile on her face that lit up the room, and gave her best effort as a student. She will be missed by this instructor."

Jerry Nevins, Casey's Digital Imaging instructor, praised her "sensitive appreciation of light and design. She edited [the leaf image] to develop a sense of inner light, and the beautiful single drop of water in the center is a metaphor for the self or soul." Of the second image, Nevins said, "Her design sense is strong and her use of space and light compelling."

Though details were not available at press time, the College will hold a memorial service to honor Casey later this month.



Tamarack
Edit Meetings

Fridays
11:30-12:30, S519
ALL WELCOME!!

Loved it? Hated it?

Send us your letters in response to articles, features, and profiles in *The Tamarack*. Limit them to 200 words and email them to tamarack@nv.edu with the subject like READERS RESPOND. Letters may be edited for length and grammar.

Have an (Academic) Affair!

Richard Bosco, Senior Staff Writer



Photo Courtesy of Richard Bosco

Now that we have your attention, we'd like to introduce you to NVCC's largest organizational entity, impacting students' lives daily. The organization is Academic Affairs, and these are the people who run it.

Academic Affairs encompasses the college's rich academic portfolio; it includes: four divisions, which cover every academic discipline and course offered at NVCC, plus seven units including the Learning Resource Center (Library), Education Technology, Distance Learning, Registrar's Office, Bridge to College, Academic Center for Excellence (ACE), and Institutional Research.

The head of this organization is Dr. Irene Rios Knauf, Dean of Academic of Affairs. Dean Rios Knauf's role essentially is the oversight and collaboration of all academic areas with the mission to support academic excellence and student success. Rios Knauf encourages every student "to participate fully in our academic community, which is characterized by a culture of collaboration and innovation."

The Dean is assisted in running Academic Affairs by Associate Dean of Academic Affairs, Dr. Ron Picard, who supervises the Learning Resource Center, ACE, and Institutional Research. Picard encourages students to discover all that is available at NVCC, saying, "We have a Library that is second to none. The ACE provides academic assistance through its outstanding tutors for free. Students should make use of these exceptional free resources."

Associate Dean Dr. Lisa Dresdner (AKA Dr. Dre) heads the LABSS—Liberal Arts/Behavioral & Social Sciences—Division. Dresdner is responsible for the Visual and Performing Arts, Pre-Social Work, Criminal Justice, Human Services, Digital Arts and Technology, DARC (Drug and Alcohol Recovery Counselor Program), First Year Experience, Psychology, Sociology, English, Communication, Anthropology, Political Science, and History. Dr. Dre urges students to "Be curious, ask questions, and be open to new ways of thinking."

Mitch Holmes is Division Director for

Business and Professional Studies, an academic division encompassing Accounting, Finance, Economics, Business Administration, Business Management, Legal, Computer Information Services, Hospitality Management, Automotive, Fire Technology and Aviation. Holmes also heads up a very successful Grant Program known as WAVE. He advises students to "Get to know faculty members early on to make connections for future success."

Dr. Eileen George is Director of the Allied Health Division, which includes; Nursing, Radiological Technology, Respiratory Care, Physical Therapist Assistant, and Physical Education. Excited to move into the multi-million dollar Allied Health Center, George says, "This center will add increased capacity to current and new programs, as well as providing state-of-the-art simulation technology." Dr. George adds, "NVCC has many strengths and resources for student success like the ACE and our great faculty who make magic happen in the classroom."

Finally, Dr. Peter Angelastro, heads the STEM—Science, Technology, Engineering and Mathematics—Division which includes: Environmental Science, Horticulture, Electrical Engineering, Mechanical Engineering, Manufacturing Engineering, Engineering Technology, Engineering Science (a pathway to a 4-year Engineering Program), Advanced Manufacturing/Fabrication Technology, CAD, Biology, Chemistry, Physics, Math, Meteorology, Geology, and Astronomy. Angelastro's advice to students: "Set a goal, plan to reach that goal, and meet with your advisor often so you can graduate in a timely fashion."

These are the women and men who comprise NVCC's academic leadership. While all are committed educators, who would love to be available to students 24/7, realistically, they can't be. Therefore, a student's first and best resources are faculty members and advisors. Getting to know them early in the semester, staying in touch, and approaching them first to problem solve will lead to academic success. So explore an Affair of the Academic kind!

Girl Power



Pictured, Prof. Sandra Eddy with visiting students.

Photo Courtesy of NVCC Marketing Staff

On November 6, NVCC hosted the 4th Girls and STEM Expo. The event brought over 100 young women from the GEAR UP Program to campus to take part in workshops and activities presented by NVCC faculty and staff. The purpose is to encourage female students in STEM-related studies both in high school and college and to inspire them to consider potential careers in the math and science fields. President De Filippis and Rep. Elisabeth Esty, along with STEM Division Director Peter Angelastro and NVCC Bridge to College Director David Celotto were on hand to provide support and encouragement.

Addressing the State We're In

Emily Daly

On January 13, President Barack Obama gave his final State of the Union Address to a fervent crowd at the US Capitol. The annual address before Congress gives the Presidential report on the condition of the nation and lays out a legislative agenda for the year. The chamber was filled with not only Congress members, but honored guests. Connecticut Governor Dannel Malloy had a prestigious seat beside the First Lady.

Many expected a grand gesture, a promise of hope like the one that made us believe in Obama in 2008. While there were no grand gestures, President Obama outlined four major points, problems he plans on tackling—beginning this year. The President isn't just focusing on next year, but on the next five years.

The first point was the economy. Obama said, "The United States, right now, has the strongest, most durable economy in the world." There have been more than 14 million new jobs created, while cutting deficits by almost three-quarters. Obama spoke of our ever-changing economy, shifting our focus to technologies.

Citing education as a necessity for a thriving economy, Obama stated boosting Pre-K enrollment and raising graduation rates will ensure more college graduates with degrees in things like engineering. This will allow us to compete globally. This, naturally, led the President to discuss affordability. He promised to work for two free years of community college, vowing to push for its start this year.

Obama also pledged to work for benefits and protections allowing workers basic security. For most Americans, especially those in their 40's or 50's, saving for retirement or paying bills after job loss is even tougher nowadays. This is why, Obama says, Social Security and Medicare are more important than ever. "And for Americans short of retirement, basic benefits should be just as mobile as everything

else is today," meaning, benefits or retirement packages should carry through different jobs, making retirement less scary.

More than that, unemployment needn't be a terrifying experience. Obama continued, "Say a hardworking American loses his job—we shouldn't just make sure he can get unemployment insurance; we should make sure that program encourages him to retrain for a business that's ready to hire him. If that new job doesn't pay as much, there should be a system of wage insurance in place so he can still pay his bills. And even if he's going from job to job, he should still be able to save for retirement and take his savings with him."

Another point President Obama concerned the role of money in politics, namely that large, wealthy corporations use influence to best serve them, not the American people. Obama called for "outdated regulations...to be changed, and...red tape...to be cut." He went on, "Food stamp recipients didn't cause the financial crisis; recklessness on Wall Street did. Immigrants aren't the reason wages haven't gone up enough. Those decisions are made in boardrooms that too often put quarterly earnings over long-term returns." He vowed to give small businesses and start-ups a voice, saying, "The rules should work for them."

President Obama spoke of an America that "built a space program overnight, and twelve years later, we were walking on the moon. The spirit of discovery is in our DNA." In this spirit of discovery Obama announced a new national effort to cure cancer, putting Vice President Biden in charge. "For the loved ones we've all lost, for the family we can still save; let's make America the country that cures cancer."

Thirdly, Obama spoke of both climate change and its ties to foreign oil. Wind and solar energies are cheaper than oil and better environmentally. Solar energies save Americans tens of millions yearly, employ more

people than coal, and pay better. While we've cut our dependence, and our imports of foreign oil by almost 60%—and cut our carbon pollution more than any other country on Earth—Obama plans to invest in future areas creating coal energies—and changing how we manage oil and coal resources. Doing all this will help create a 21st century transportation system.

Finally, President Obama spoke of ISIL, recognizing they're a threat, but not so much that we need to cower in fear. "In today's world, we're threatened less by evil empires and more by failing states." He went on, "Masses of fighters on the back of pickup trucks and twisted souls plotting in apartments or garages pose an enormous danger to civilians and must be stopped. But they do not threaten our national existence."

Obama then told Congress if they're serious about winning, they should declare war against ISIL. However, he said ISIL will learn the lesson terrorists before them have: "If you doubt America's commitment—or mine—to see justice done, ask Osama bin Laden. Ask the leader of al Qaeda in Yemen, who was taken out last year, or the perpetrator of the Benghazi attacks, who sits in a prison cell. When you come after Americans, we go after you. It may take time, but we have long memories, and our reach has no limit."

Obama stated we must help countries who need it—Cuba, by lifting the embargo, and Latin America by extension. We must help those in Colombia fighting a decades' long war—and Ukraine fighting to defend democracy. We must toe the line as the world's peacemaker—without becoming the world's police—as only America can. "That's strength. That's leadership. And that kind of leadership depends on the power of our example." These are strong words from a strong leader with no intention of riding quietly into the sunset of his presidency.

Jam-Packed Month

Alyssa Katz

With February being the shortest month of the year, it is packed full with national holidays. *National Freedom Day*, honoring Abraham Lincoln for abolishing slavery, kicks off the start of the month on February 1st. February 2nd is *Groundhog Day*, so don't forget to watch Punxsutawney Phil's prediction of an early spring or six more weeks of winter--brrr. February 3rd honors the deaths of Buddy Holly, Richie Valens and J.P. Richardson on *National Day the Music Died*. This year *National Wear Red Day* falls on February 5th. Always celebrated on the first Friday in February, this day spreads heart health awareness. February 8th celebrates *National Boy Scout Day* which is the day the Boy Scouts of America was created.

National Don't Cry Over Spilled Milk Day on February 11th may sound silly, but it's really a day to promote positivity. Abraham Lincoln's birthday is on February 12th, so we celebrate him once again. Happy couples rejoice for *Valentine's Day* on February 14th. No valentine? That's okay because *Singles Awareness Day* is the very next day on February 15th. The third Monday in February belongs to *President's Day*, which this year is also on February 15th; NVCC is closed to celebrate. *Random Act Of Kindness Day* lands on February 17th. The concept is in the name. Do something kind for someone, and it's guaranteed you'll make their day. This last national holiday only occurs every four years because it is on leap day, February 29th. *Rare Diseases Day* raises awareness of little-known illnesses.

In addition to national holidays, February is also *American Heart Month*, *Black History Month*, and *Children's Dental Health Month*. Despite being the shortest, February is a month brimming with days that are important and also meaningful.



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Liberal Arts major, Joe Adomavicia, a longtime contributor to *Fresh Ink*, answered our call for original work. We're pleased to present his poem, and remind readers the deadline to submit work to be considered for the 2016 issue of *Fresh Ink* is March 1st.

We, Americans Refacing the Nation
~ Joe Adomavicia

Think of our country
As one big puzzle.

Each piece fits snug
Into but one or two others,
There is no
Great art in that,
Are we but,
a small pretense?

Artfully pretending
That we are all
Just one poem,
Same puzzle.

Those who would
Categorize, segregate,
Instinctually, face-divide.

Can a face fully function when
Parted by color, faith,
Puzzle pieces, eyes, ears, cut off,
Insular, singular, dissected entities,
A solitary piece,
a completed poem be?

It cannot be so.

The different pieces,
individual unique shaped,
Yet, as a babe to old man,
The face the same, yet
Ever changing,
The only constancy,
The change of change

Refacing the nation

There are pseudo-trigger pullers.

Dividers, our politicians,
Lawyers, who sue for the
Profits of division,
Not for Justice
We are the electors
Of those who proclaim
Bigotry
In our name.

So let us
Segregate ourselves,
In Unity,

Let us categorize ourselves,
As
We, Americans,
One nation that never ceases to
Reface for the better.

Don't Miss

SGA Meetings – Wednesdays, 4:00-5:00pm L501 – All are welcome at weekly Student Government Association meetings to discuss important topics and issues.

BSU Meetings – *The Black Student Union* meets Tuesdays @ 2:00pm in Prism Lounge. Join us!

New Workers Workshop – Monday February 8, 11:30am-12:30pm. A workshop geared toward people entering the workforce for the first time, this workshop focuses on topics such as writing resume and cover letters and creating a positive on line profile. Sponsored by the Center for Job Placement and College Opportunities in L524.

FAFSA Workshop – Saturday, February 27, 9:00am-11:00am FAFSA Workshop (T511) – Need help understanding the financial aid process? Attend this free workshop to get your questions answered!

Otaku Club Meeting – *The Otaku Club* meets Mondays and Wednesdays from 2:00pm-3:00pm in S518.

Newman Club Meeting – *The Newman Club* meets Mondays from 2:00pm-4:30pm in S502.

Agro-Bio Club Meeting – *The Agro-Bio Club* meets Mondays from 3:30pm-4:45pm in E317.

Health & Nutrition Club Meeting – A new club, the *Health and Nutrition Club* meets Tuesdays from 1:00pm-2:00pm in the *Tech Dining Room - T531*.

Pride Ally League Meeting – *The Pride Ally League* meets Wednesdays, 12:00pm-1:00pm in S518.

HSU Meeting – *The Hispanic Student Union* meets Wednesdays, 1:00pm-2:00pm S518.

Interactive Media Club Meeting – *The Interactive Media Club* meets Wednesdays, 1:00pm-3:00pm S502.

Interview Skills Workshop – Thursday February 18, 1:00pm-2:00pm. Sharpen your interview skills at a workshop hosted by the Center for Job Placement and College Opportunities in L524.

Valentine's Day Party – Come celebrate Valentine's Day with a party thrown



**Routine Number, Ext. 8113.
Emergency Number Ext. 8112**

**The department is staffed:
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Tamarack Edit Meetings

**Fridays, 11:30 - 12:30, S519
ALL WELCOME!!**

Can you find it?



Each month, we'll feature a picture of an area or object on campus you probably pass by countless times each week. But can you identify it? Submit your answer to tamarack@nv.edu for a chance to win a \$10 Dunkin Donuts gift card! Winner will be chosen randomly from correct entries received.

FACES IN THE CROWD Eternally Grateful

Samantha Capaldo

I used to hate school. Toward the end of high school, I decided I didn't want to go to college because I didn't know what I wanted to do and I didn't want to waste the money. My dad had a different idea, though. He said if I got my Associate degree, I could take one year off to travel before going back for my Bachelor's. I agreed, and thus began my four-year adventure at Naugatuck Valley.

I started in the fall of 2011, and it was pretty clear I still disliked school and still had no idea what I wanted to do with my life. As the semesters went by, and my course load went from full to part-time as I attempted to balance work and school, I remained determined to not make friends and just get by until graduation—whenever that would be. I specifically remember thinking to on the first day of classes one semester, *Back to my diet of Pop-Tarts and hating people.*

Fall of 2014 was the semester that changed the game. I took three classes that all played a large part in changing my opinion of both Naugatuck Valley and school itself. Acting I, Abnormal Psychology, and Intro to Graphic Design all taught me to love school and appreciate my education. It was my last semester before graduating and the semester that made me realize I wanted to continue on to get my Bachelor's degree.

One week before I was set to graduate,



"Acting I, Abnormal Psych, and Intro to Graphic Design all taught me to love school and appreciate my education."

my dad died. I had gone through most of high school attempting to grasp the loss of my mom when I was fifteen, and now that I was *finally* about to graduate, I lost my dad. College had always been a rough subject for my dad and me, and here I was, about to finish, and the one person I wanted to see me finish wasn't there. I'm not even sure if I had told him I wanted to immediately go on to get my Bachelor's degree.

But here I am, sitting in my dorm room at Loyola University New Orleans, working toward a degree in Creative Writing. There was no way I could have done this without Naugatuck Valley, and for that, I am eternally grateful.

SPEAK UP

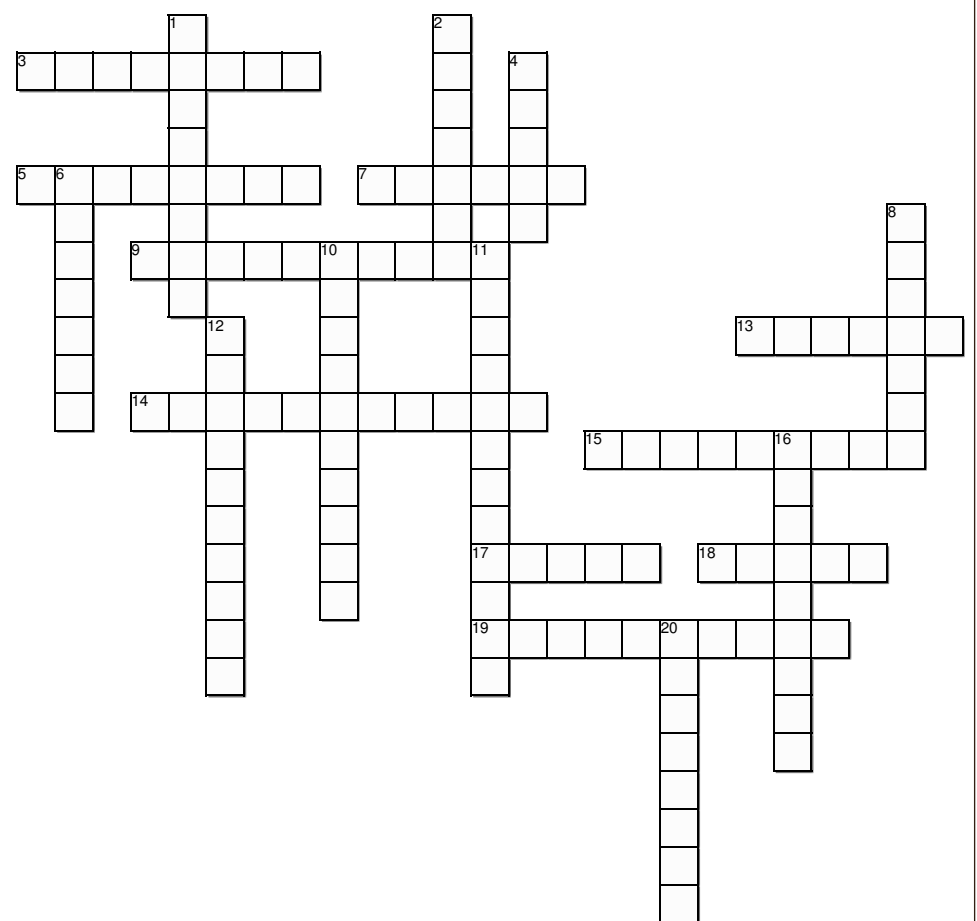
Are you interested in where your Student Activities Fees are spent?

If so, voice your opinion at NVCC's Student Government meetings held every Wednesday, 4-5 p.m. in L501, across from the Library. For more information call 203-596-2185, stop by S516, or email SGA@nvcc.commnet.edu.



February Puzzle

Answers to the puzzle clues can be found in this issue.



Created on TheTeachersCorner.net/Crossword-Maker

Across

- Sterling Archer is an _____ super-spy.
- Dr. Irene Rios Knauf is the Dean of _____ Affairs.
- Black Lives _____
- Dr. Peter _____ is the leader of the STEM Division.
- Best Supporting Actress, 2013, _____ Nyong'o
- The Snows of _____ is the topic of Steve Delvalle's Recently Read article.
- Alyssa Katz offers tips from _____ College.
- February is American _____ Month.
- President Obama delivered his State of the _____ Address.
- STEM stands for Science _____ Engineering and Math

Down

- Christopher Gordon says avoiding _____ will sooth anxiety.
- _____ Hamm'n, the 1st published African American author was from CT.
- President of ECSU, Elsa _____ visited NVCC in November.
- Samantha _____ is Eternally Grateful.
- February is Black _____ Month.
- Poet Joe _____ shared his work in this issue.
- Nicole Hayes writes about the controversial hashtag _____.
- Professor Foster shares a review of Broadway's _____.
- Ernest _____ wrote the short story Steve Delvalle discussed.
- According to Katherine Abreu, NVCC made a generous donation to Special _____.

Answer key on page 8

Summer Dreaming



Now that Storm Jonas has brought the winter that almost wasn't, *The Tamarack* offers hope in these images of our beautiful campus from last summer. As Bette Midler sings, "Just remember in the winter, far beneath the bitter snows, lies the seed that with the sun's love"—ah, you know the rest. Be patient, NVCC. Winter can't last forever.



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Stamford Center
5 Riverbend Drive, Building 5
Stamford, CT 06907

Bridgeport Campus
126 Park Avenue
Bridgeport, CT 06604

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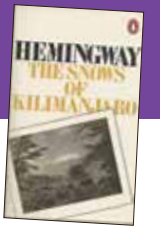
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RECENTLY READ

Student, Steven Delvalle, on Hemingway's *The Snows of Kilimanjaro*



The short story, *The Snows of Kilimanjaro*, is a treat for both Hemingway fans and those just catching onto his brilliance. Showcasing the author's talent in just thirty pages, the story provides a terrific introduction to his writing, familiarizing new readers with themes echoed in his other work. Having read five of Hemingway's acclaimed novels, I was delighted to find this gem and realize there is so much great work yet to read.

The content reflects Hemingway's thoughts and experiences at the time of this story's publication, 1936. Plot, dialogue, and setting all connect with his life experience. The setting, an African safari, is based on a real 1933 trip there. The idea of having an illness—specifically gangrene—while cut off from society, is drawn from Hemingway's contraction of dysentery which required him to be evacuated from the aforementioned safari.

The story begins with the protagonist, Harry, near death on a cot in a small camp in Africa. He's alone except for his wife and local guides employed to help them hunt. Having failed to use iodine on a cut from a thorn, Harry became ill, the resulting infection turning gangrenous. They can do nothing but wait for a plane to bring Harry to medical aid.

Contemplating his encounter with death, Harry argues and makes up with his wife. She's convinced he will live; Harry is certain he will die. He considers the hyenas and vultures lurking outside camp, and pleads for whiskey to ease his pain. While these things happen, the reader is given insight into Harry's thoughts on his seemingly last days on earth. Hemingway employs a stream-of-consciousness technique, telling the story from both a real world view and through Harry's inner memories and perspectives.

Harry remembers places and experiences that significantly impacted his life. One World War I memory (Hemingway served as ambulance driver) is of a friend half blown to pieces by a German grenade. Another memory concerns writing a letter to his first wife, attempting to get her back, and then receiving a letter from her and trying to hide it from his second wife. Other flashbacks take the reader from Paris to Constantinople (now Istanbul), from brothels to war zones.

An interesting part of this piece is Harry's disappointment as a writer over how little opportunity he would have to write with his life cut short. He laments death would leave so much unwritten, clearly a reflection of Hemingway's own thoughts of mortality.

I'll leave it at that to avoid spoiling this fantastic work written at an interesting point in Hemingway's life. In the 1930's he had experienced the First World War and his father's suicide, had realized success with *The Sun Also Rises* and *A Farewell to Arms*, had two wives and four children, and moved away from Paris, living mostly in Key West and Wyoming. This was all before the pressures of World War II, publication of *For Whom the Bell Tolls*, and Hemingway's later years. Indeed, in this story, he is as sharp, brilliant, and poignant as ever.

White Gold

Nicole Hayes

That famous annual American award ceremony, the Oscars, recognizes those who have made achievements within the film industry. Honors consist of Best Picture, Best Actor/Actress in a Leading Role, and Best Director, to name a few. The 2016 ceremony, scheduled for February 28th, brings major controversy over the lack of diversity among nominees. The acting nominees, for example, are exclusively white, in a year featuring powerful performances by diverse actors. As a result, social media members revived the hashtag movement, #OscarSoWhite, to spread awareness of lack of diversity, in what is being called "the whitest Oscars since 1998."

With the hashtag surfacing, some celebrities,

such as Stacey Dash, African American actress, TV personality, and Fox News contributor, have voiced input on the Oscars. Dash expressed disapproval of the hashtag movement and its supporters, saying African Americans promote segregation by participating in networks targeting the African American community. Dash believes a double standard exists; she feels Black networks and award shows should be eliminated and Black History Month should be abolished because we are all Americans. However, Dash has not addressed her own involvement with numerous African American based magazines, or her appearance in Black movies and television.

The Oscars are intended to award honorable film achievements. Unfortunately, exclusion of minority nominees is seen by many as a troublesome pattern. The hashtag, #OscarSoWhite, brings awareness of lack of diverse nominees before and behind the cameras. Some celebrities, such as director Spike Lee and actors Will and Jada Pinkett Smith have announced their intent to boycott the Oscars. Lupita Nyong'o, 2013 Best Supporting Actress for *12 Years a Slave*, stated, "I am disappointed by the lack of inclusion in this year's...nominations. It has me thinking about unconscious prejudice and what merits prestige in our culture." Although recent years have seen progress, 2016's Academy Awards will likely be remembered as another Pale Fail.

In Anxious Company

Christopher Gordon

Anxiety, a little word to describe a profound feeling. Anxiety is a necessary response, keeping the mind focused and providing motivation to double-check work. Unfortunately, anxiety can lead to crippling doubts about everyday concerns if not properly managed. I promise if you find yourself anxious about many things, and fear and stress are becoming excessive, you are not alone. Anxiety disorders are common, but the means to reduce and manage such problems are widely available.

The first step to reduce anxiety, especially in college, is limiting caffeine. As a student, I know caffeine can be a seductive mistress, especially when late night study is required. Caffeine is also a great way to trigger the "fight or flight" response, a cute phrase that applies to anxiety. Before you light the torches and call for my head on a platter, try reducing caffeine consumption when other stressors are at a peak, and see how you feel. Eating an apple can help you stay awake, and won't cause your body to react as if under attack. Not to dig my grave deeper, but salty and sugary foods can also increase anxiety.

It's said a healthy body leads to a healthy mind. Now that you are trying a healthier diet, it may be worth considering adding exercise to your schedule. While the link between anxiety and inactivity is unclear, results show people who exercise have less overall anxiety and depression. Whether from endorphins released while working out or because it takes your mind off worries by focusing on fitness, exercise is one of the healthiest means to fight anxiety.

Finally, talk about anxiety with trusted friends. The burden of college becomes easier when you don't carry it alone. Knowing others spend just as much time worrying over grades makes it easier to acknowledge you are not falling behind. There are also counselors available in room K520, CAPSS, if stress and anxiety are interfering with schoolwork.

Of course we all have worries; that's part of being human. But anxiety can be powerful, and sometimes it requires more than one person to handle it properly. If you have issues with anxiety, remember you are not alone.

Voices for a Union

Christopher Gordon

The world changes fast, and being willing to voice concerns and feelings is the only way to ensure this new world fits the needs of as many people as possible. Certain individuals yell opinions that do not reflect the needs of the people, and they drown out everyone else's voice. Added to this is supersaturation from certain media sources, who are concerned with ratings above offering unbiased information. To create a world where everyone is equal, regardless of race, religion, status, gender or

sexuality, everyone should feel free to speak equally.

The act of talking over another is deceptive, because it gives the quiet ones the feeling that they do not have a voice. The truth is opinions that can stand against scrutiny are solid ones, and a thought that can enhance or change an idea is similarly effective. It does not matter where these thoughts come from; establishing a strong and equal world is what is truly important. NVCC student, Rachael C., stated, "I might look around at the audience, but I think, too, if there is something to say there are ways to say it."

Speaking out is more than a good idea; it is a right granted to all. Because of an equal voice, the U.S. now recognizes same sex marriages, freedom from unjust bondage, and unfettered access to health care regardless of ability to pay. The individuals who would speak out against all of these new policies are free to do so, and in the process make these policies stronger. Without both sides of an argument that argument will crumble, and everyone is poorer for the experience.

Omitting a vital segment of the people weakens the nation. All voices are needed for a Union that represents all people.

Motivation Station

Alyssa Katz

Having enjoyed the month-long winter break (perks of being in college) it's time to focus

on school. Hopefully, you're relaxed and prepared to settle into the spring semester. Even though we're excited to be back, most of us inevitably dread waking up early, doing hours of homework—and all that stress! Sure, I know my education is important, and will pay off in the long run, but it's sometimes hard to stay motivated and keep the drive to succeed. Allegheny College has some tips to keep you motivated:

- Set small goals that are achievable.
- Reward yourself for accomplishing these goals.
- Don't get discouraged. Don't give up.
- Use the power of positive thinking.

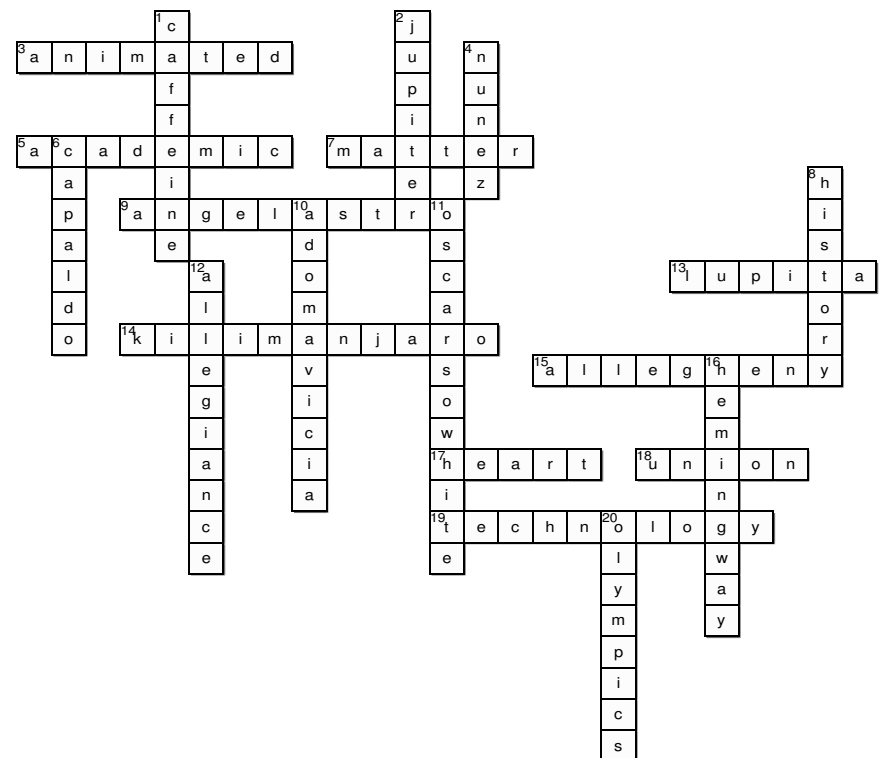
It's hard to stay motivated with distractions in your way; it's difficult to make time to complete assignments with a busy schedule. Rushing assignments, though, doesn't guarantee good grades. Speed does not equal quality. The answer: be organized. Write assignments in a place you know you will look. Take a picture of the board; set reminders on your phone. Don't procrastinate.

I admit I procrastinate, so I try to make time to stay after school to complete assignments before going home. I know this is not the case for everyone. We all have responsibilities to work around when going to school. But it took a lot of courage to go to college in the first place. Don't lose that mindset just because things may be stressful for the time being. Stay positive!

Keep these tips in mind to stay successful. Good habits and a little luck should see us through the semester—and prepare us for whatever the future holds.

February Puzzle

Answers to the puzzle clues can be found in this issue.



Created on TheTeachersCorner.net Crossword Maker

FACES IN THE CROWD

Icing on the Cake

Vincent Espino

A young leader at only twenty-one years old, Vincent Espino is taking on a number of endeavors and giving back to his community; all while managing school and work. His decision to pursue a degree at NVCC was influenced by the work he was already doing. "I already have the experience," Vincent explains, "I just need the education."

Vincent works with the Department of Children and Families to share his voice on important topics, including his own personal experiences as someone who has faced foster care himself. He speaks at foster parent trainings and presents policies to state legislatures. He has traveled to Florida, Massachusetts, and even the White House. Vincent is also a member of the New England Youth Coalition where he offers mentorship and speaks on important issues affecting those in his community.

In addition to his current work with youth, Vincent also had the opportunity work as an intern at the truancy program at Waterbury Youth Services during his last semester at NVCC. He explains his age and experiences really helped him reach his clients



and motivate them to do better in school.

Upon graduating from NVCC in December with an Associates in Human Services/Pre-Social Work and finishing his internship, Vincent has been hired at Waterbury Youth Services as a youth worker for a new home they have opened for homeless youth called New Prospects.

Vincent states NVCC helped him solidify his goals and dreams. He describes his education as "the icing on the cake," making him more confident and credible. He plans to continue his journey toward becoming a Human Services professional at Western Connecticut State University where he wants to obtain a bachelor's in Social Work.